

EMPLOYEE TRAINING RECORD		
<div style="display: flex; justify-content: space-between;"> TRAINING TITLE Falls </div>		
<p style="text-align: center; margin: 0;">KEY TEACHING POINTS</p> <ul style="list-style-type: none"> Each year, falls result in many serious injuries, and approximately 20% of all falls are fatal. This means that for every five persons involved in a falling accident, one dies. Let's spend the next few minutes talking about where falls occur and what we can do to prevent them. Good footing is the best way to avoid falls and good <u>housekeeping</u> is the best way to ensure good footing. Scrap lumber; trash; wire; and slippery areas caused by water, grease, or oil can cause falls. Taking <u>ladders</u> for granted has caused many falls. Many workers believe that they can use any ladder for a any job. To be safe, however, select a ladder that suits the purpose. Be sure it's in good condition and that you place it securely. Keep both hands free for climbing and always face the ladder when going up or down. Don't carry tools with you. A <u>scaffold</u> should be solidly constructed like a permanent structure, even if it will be used for only a short time. Be sure uprights are uniformly spaced, plumb, and set on a good foundations. Use mudsills if required. Use horizontal or diagonal bracing to give stability. Provide guardrails and toeboards to help prevent falls. Inspect planking before installation. It should overlap the support by a minimum of 12 inches. Whenever you're on a single-point or a two-point suspend scaffold, wear you safety harness. Be sure it's tied to a secure independent life line. Depending on their size, cover <u>floor openings</u> or protect them with standard guardrails and toeboards. Also, protect wall openings, except for doorways, and stairways through which persons could fall. This protection should be substantial and secured to prevent displacement. Falls on <u>stairways</u> are caused by running, carrying objects that block you view, failure to use handrails, or just not paying attention. Watch you step and concentrate on what you are doing. Remember, it's not the fall that hurts, it's the sudden stop. 		
TEST		
QUESTION	ANSWERS	
	TRUE	FALSE
1 Good footing is the best way to avoid falls.		
2 Good <u>housekeeping</u> is the best way to ensure good footing.		
3 Don't carry tools with you when going up or down a ladder.		
4 Falls on <u>stairways</u> are caused by running, carrying objects that block you view, failure to use handrails, or just not paying attention.		
5 It's not the fall that hurts, it's the sudden stop.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE